

THE JOURNAL OF
Health and Physical Education
October 1946



The Journal of Health and Physical Education

Publication details, including instructions for authors and subscription information:

<http://www.tandfonline.com/loi/ujrd16>

Contributions of Sports to Women's Fitness

Arthur H Steinhaus ^a

^a George Williams College , Chicago , Illinois , USA

Published online: 01 Apr 2013.

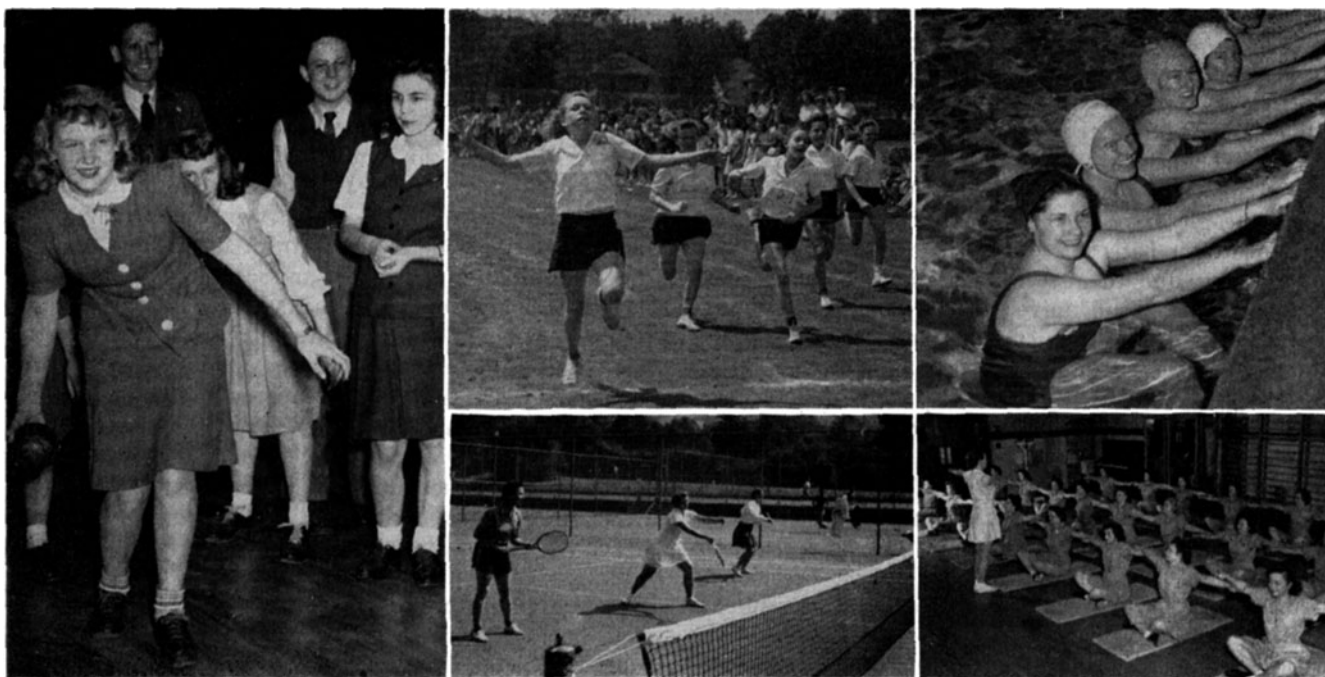
To cite this article: Arthur H Steinhaus (1946) Contributions of Sports to Women's Fitness, The Journal of Health and Physical Education, 17:8, 468-506

To link to this article: <http://dx.doi.org/10.1080/23267240.1946.10627350>

PLEASE SCROLL DOWN FOR ARTICLE

Taylor & Francis makes every effort to ensure the accuracy of all the information (the "Content") contained in the publications on our platform. However, Taylor & Francis, our agents, and our licensors make no representations or warranties whatsoever as to the accuracy, completeness, or suitability for any purpose of the Content. Any opinions and views expressed in this publication are the opinions and views of the authors, and are not the views of or endorsed by Taylor & Francis. The accuracy of the Content should not be relied upon and should be independently verified with primary sources of information. Taylor and Francis shall not be liable for any losses, actions, claims, proceedings, demands, costs, expenses, damages, and other liabilities whatsoever or howsoever caused arising directly or indirectly in connection with, in relation to or arising out of the use of the Content.

This article may be used for research, teaching, and private study purposes. Any substantial or systematic reproduction, redistribution, reselling, loan, sub-licensing, systematic supply, or distribution in any form to anyone is expressly forbidden. Terms & Conditions of access and use can be found at <http://www.tandfonline.com/page/terms-and-conditions>



Contributions of Sports to Women's Fitness

PLEASE close your eyes and in imagination watch a man chopping wood.

If you are watching the pile of cut wood growing larger you are the professional coach type who watches the score board.

If you are concerned with what is happening to the man's muscles, heart, blood, and brain, you are an educator.

If you are enamored by the movements of his body and the style of his swing, you belong in the dance section.

Now, imagine yourself to be the woodcutter.

If you are intent on seeing the cut pile grow larger and the uncut remainder diminish, you are working.

If you are thinking of improving your body, you are exercising.

If the size of the pile thrills you to better output and to improve your style, and you hope there is more to cut, you are engaged in sport.

Sports are many and varied; and all is not sport that claims the name. Peeling potatoes may be sport, and baseball just a way of making a living. For an experience to add up to be a sport, it must contain among others two special ingredients:

First, there must be complete abandon or forgetting of self in the activity as one strives to attain a goal outside one's self.

Second, the compensation or reward must be found in the activity itself—in the joy of doing one's best and utmost.

Sports are usually though not necessarily motivated by competition.

This was an address presented before the National Section on Women's Athletics at St. Louis, April 11, 1946.

By
ARTHUR H STEINHAUS

George Williams College
Chicago, Illinois

He who plays primarily for money, medals, or honors, or for health is a professional and therefore a workman, not a sportsman.

Obviously the contribution of sports to fitness must be sought in the peculiar or special characteristics of sports. May I suggest the following:

1. The emotional tone of sport, especially under competition causes a person to drive his body in spite of little aches and discomforts to approximate his physiologic limit. That is, the psychologic limit that usually brings activity to a close is extended more nearly to the physiologic limit. This ensures a more complete development of muscles, heart, and lungs.

2. The sport situation provides a recreational experience because it demands putting aside for a time the petty annoyances and the humdrum tedium of daily work to engage in an all-absorbing interest. The participant returns from such an experience a re-created person.

3. The sport situation is life speeded-up. Dozens of decisions must be made and executed in a time span that ordinarily calls for but three or four. These decisions must be made under conditions of high physical and emotional stress. Their accuracy or inaccuracy is immediately recorded in the fortune of the ensuing play and visible to all. This is a form of mental-

(Continued on Page 506)

Editorials

(Continued from Page 473)

fields in the summer. The city may assume leadership and program responsibility in school buildings and for the cost of maintenance of school facilities.

2. The school may use recreation facilities maintained by the city, provide physical education instructors for the classes, and assume full responsibility for operation of a year-round program within school buildings, employing a separate staff.

3. The school and city jointly may sponsor a physical education and recreation program.

4. Even though administrations may be separate, cooperation between school and municipality may be developed on a special program or project basis: camp projects, experimental theater units, arts and crafts, social activities, city-wide festivals.

In my opinion, our problem is indicated by the above sampling. The whole movement of recreation faces grave danger. The urgent need for recreation has brought us help and wide popular support. There is danger that the popularity now given to the field may disseminate into fractional parts of recreational planning. The trend of specialization within the recreation division by school, park, municipal, rural, and industrial recreation is unhealthy. The problems of recreation are common in one field of specialization or another.

As I see it, there are four major aspects that the recreation division must face to maintain the public respect it has attained in the last few years:

1. The platform adopted by the American Association for Health, Physical Education, and Recreation is worthy of wide circulation so that all groups, public and private, may achieve a common ground for discussion and the charting of a master plan for local communities' recreational programs.

2. A master plan is needed calling for the association's present outline of operation so that problems of national scope are highlighted instead of field specialization. Instead of divisions on rural recreation, industrial recreation, etc., the sections should deal with personnel, practices, research in recreation, administration, etc.

3. The provision for a permanent secretary located at the central office should be created, to correlate the work of all permanent committees and special projects committees assigned by the recreation division at its annual conference. A far-reaching step toward permanency was the creation of a permanent committee on recreation with an operating code adopted in April, 1946.

4. Strong public relations should be developed. Not only is this phase vital within the association itself, between the fields of health, recreation, and physical education, but to every member of the professional field of education, health, and welfare. Communities and organizations, as well as individuals, are stumbling and

hunting for a contact point. The nation should be assured that the professionals in the field are willing to interpret and solve the comprehensive picture of recreation at federal, state, and community levels.

It is often necessary to insist on the difference between "urgent" and "important" when one is dealing with a new or suddenly popular, accepted field, such as recreation. The public may think that urgent matters, practical matters, are merely agitations caused by the catastrophe of war. The recreation needs are normal, so there must be an effective attack on the matter of organizing our scattered National Association's efforts in recreation into some kind of coordinated pattern.

All of us who have gone through the phases and moods of recreation in this country within the past ten years should be willing to get things going in productive harmony. We should not forget, however, that the different phases of recreation exist for different reasons, that each has a reason for being. We must believe in collaboration, then, but keep in sight the essential justice of giving each agency or individual the chance to do its best work with its own resources and its own experience. No individual or agency need be denied a program that is fundamentally clear. This is the job of a professional organization.—By *Dorothea Lensch*, Vice President, Recreation Division.

Contributions of Sports to Women's Fitness

(Continued from Page 468)

emotional overload that is excellent training for decision, control, and action.

4. If the sport is competitive and the "stakes" are high enough the sport event may provide an experience of participation in a cause that is greater than self and thus provide a feeling of personal worth and significance which is necessary for morale. This is fitness of the spirit of man. Obviously sport should provide this experience only for a passing period in growing youth. A high school or college girl may rightly feel significant in giving her best to help her school win a hockey match. Later she must find the same feeling of worth in giving her all to her family and to larger units of society.

5. Although I do not wish to be pressed to prove it with facts and figures, I would venture another observation concerning the contribution of sports. Those of my friends, both men and women, who give themselves unsparingly to enterprises, who seem to ignore the little discomforts that attract the concern of others to their bodies, who do not worry when they must stay up late to finish a task—these friends usually turn out to be persons who in youth carried great burdens or participated in strenuous sports. Could it be that in such persons there has been some kind of development and carry-over into ordinary life, of qualities that are essential to success in sports?